

OCEANIA CHAMPIONSHIP RECORDS AS AT January 2018

Records set in 2019 shown in red. Adjustments to previous years shown in green

Records set by non-Oceania athletes shown in addition to resident Oceania athletes shown in blue

Records set with current equipment specifications. Womens records set with 400g Javelin are archived at the foot of the spreadsheet until the individual event distance or the combined event score is beaten

MEN					WOMEN						
Event Name	Performance	Year	Wind		Event Name	Performance	Year	Wind			
60m					60m						
M30	Travis Venema	AUS	7.19	2008	W30	Helna Dinnissen	NZL	8.15	2019	-0.2	
M35	Travis Venema	AUS	7.40	2010	NWI	Ranell Hobson	AUS	8.16	2008		
M40	Greg Smith	AUS	7.30	2012	1.0	W40	Ranell Hobson	AUS	8.25	2014	-3.6
M45	John Campbell	NZL	7.65	2012	-1.9	W45	Marie Kay	AUS	8.41	2008	
M50	Stephen Jones	AUS	7.83	2015	0.9	W50	Gianna Mogentale	AUS	8.39	2015	1.5
M55	Luke De Biasi	AUS	7.96	2019	0.3	W55	Liz Wilson	NZL	8.54	2018	1.7
M60	Paul Turner	AUS	8.09	2014	-1.6	W60	Lynne Choate	AUS	9.27	2014	-0.2
M65	Neville McIntyre	AUS	8.36	2008		W65	Wilma Perkins	AUS	9.52	2015	1.9
M70	Trevor Guptill	NZL	8.73	2019	-0.7	W70	Sheryl Gower	NZL	9.92	2019	-1.7
M75	David Clive	AUS	9.33	2015	0.9	W75	Margaret Peters	NZL	10.61	2010	-1.6
M80	Norm Windred	AUS	9.89	2008		W80	Margaret Peters	NZL	11.35	2014	-2.1
M85	Maurice Dauphinet	AUS	11.12	2012	-0.5	W85	Clasina van der Veecken	NZL	15.00	2018	-0.3
M85	Radnaa Tseran	MGL	10.53	2019	-0.1						
M90	James Sinclair	AUS	12.41	2015	1.0	W90	Gwen Gleeson	AUS	16.74	2019	-1.0
M95	James Sinclair	AUS	15.24	2019	-0.1						
100m					100m						
M30	Travis Venema	AUS	11.40	2008		W30	Beverly Peterson	NZL	12.41	1990	
M35	Paul Makakaufaki	TON	11.49	2012	1.0	W35	Wendy Brown	NZL	12.71	1990	
M40	Brendon Wilson	AUS	11.20	1984		W40	Julie Brims	AUS	12.54	2006	
M45	Reg Austin	AUS	11.40	1982		W45	Marie Kay	AUS	13.16	2006	
M50	Gary Parkinson	AUS	12.01	2019	1.6	W50	Gianna Mogentale	AUS	13.29	2014	0.0
M55	Alan Hill	NZL	12.30	1982		W55	Liz Wilson	NZL	13.49	2018	1.7
	Rudi Hochreiter	AUS	12.30	1984							
M60	Laurence Malcolmson	NZL	12.67	2010	1.0	W60	Shirley Peterson	NZL	15.05	1990	
M65	Neville McIntyre	AUS	13.19	2008		W65	Carol Davis	AUS	15.31	2019	0.7
M70	Hugh Coogan	AUS	13.85	2006		W70	Margaret Peters	NZL	15.88	2006	
M75	Rudi Hochreiter	AUS	15.34	2002		W75	Margaret Peters	NZL	16.95	2010	-0.1
M80	Mike Johnston	AUS	15.61	2002		W80	Margaret Peters	NZL	19.20	2014	-3.1
M85	Ron Johnson	NZL	20	2018	2.0						
M90	James Sinclair	AUS	21.02	2015	-1.8						
M95	James Sinclair	AUS	25.39	2019	1.2						
200m					200m						
M30	Adam Farlow	AUS	22.46	2014		W30	Wilma Perkins	AUS	25.80	1984	
M35	Max Warlow	AUS	22.80	1984		W35	Eileen Hindle	AUS	25.70	1984	
M40	Brendon Wilson	AUS	22.80	1984		W40	Julie Brims	AUS	26.15	2006	
M45	Reg Austin	AUS	22.60	1984		W45	Marie Kay	AUS	26.55	2006	
M50	Gary Parkinson	AUS	24.37	2019	1.2	W50	Gianna Mogentale	AUS	26.69	2014	1.5
M55	Rob Mayston	AUS	25.20	2014		W55	Liz Wilson	NZL	28.16	2018	1.7
M60	Laurence Malcolmson	NZL	26.11	2010	1.2	W60	Ann Cooper	AUS	30.79	1990	
M65	Colin Buyers	AUS	26.20	2008		W65	Jeanette Flynne	AUS	30.55	2018	0.6
M70	Hugh Coogan	AUS	28.10	2006		W70	Sheryl Gower	NZL	33.46	2019	-1.1
M75	David Trantrill	AUS	29.89	2014		W75	Chris Waring	NZL	35.99	2019	-0.9
M80	Mike Johnston	AUS	32.49	2002		W80	Margaret Peters	NZL	40.27	2014	1.5
M85	Jim Sinclair	AUS	39.08	2012	1.6						
M85	Radnaa Tseran	MGL	33.79	2019	-0.5						
M90	James Sinclair	AUS	46.79	2015	-2.0						
M95	Eric de Lautour	NZL	59.96	2015	-2.0						
400m					400m						
M30	Jay Stone	AUS	48.72	2012		W30	Marissa Stephen	NZL	57.79	2002	
M35	Max Warlow	AUS	50.80	1984		W35	Marge Allison	AUS	58.50	1984	
M40	Brendon Wilson	AUS	51.70	1984		W40	Suzy Cole	AUS	59.13	2012	
M45	Peter Crombie	AUS	52.75	1990		W45	Marie Kay	AUS	59.27	2006	
M50	Gary Parkinson	AUS	54.85	2019		W50	Gianna Mogentale	AUS	62.62	2014	
M55	Rob Mayston	AUS	56.02	2014		W55	Liz Wilson	NZL	65.54	2018	

M70	Donald Chambers	AUS	14.81	2010	0.6	W70	Margaret Taylor	AUS	18.44	2019	-0.2
M75	Donald Chambers	AUS	18.44	2014	0.7	W75	Fran Harris	AUS	28.05	2019	-0.2
80m Hurdles (0.686m)											
M80	Max McKay	AUS	24.00	2004							
M85	Radnaa Tseran	MGL	20.18	2019	-0.4						
400m Hurdles (0.914m)											
M30	George Jankowski	AUS	65.30	1996		W30	Helena Dinnissen	NZL	64.28	2019	
M35	Geoff Gibbons	AUS	60.11	2012	-0.4	W35	Kerrie Macey	AUS	72.55	1990	
M40	Ernest Kemplay	AUS	60.30	1984		W40	Suzy Cole	AUS	71.06	2012	-0.2
M45	Chris Strange	NZL	64.01	1998		W45	Marie Kay	AUS	64.70	2006	
400m Hurdles (0.840m)											
M50	Neil Fowler	AUS	63.67	2002							
M55	Hans Meisebach	AUS	66.60	1984							
300m Hurdles (0.762m)											
M60	John Lamb	AUS	46.87	2012	-0.5	W50	Michele Hossack	AUS	49.91	2014	
M65	Richard Trembath	AUS	50.28	2008		W55	Wilma Perkins	AUS	58.90	2006	
300m Hurdles (0.686m)											
M70	Alan Dougal	NZL	53.32	2019		W60	Gail Kirkman	NZL	55.05	2015	
M75	Stewart Foster	NZL	61.26	2014		W65	Gail Kirkman	NZL	56.94	2018	
M80	Max McKay	AUS	78.74	2004							
200m Hurdles (0.686m)											
M80	Stewart Foster	NZL	51.32	2018	-0.8	W70	Marge Allison	AUS	39.37	2018	-0.8
3000m Steeplechase (0.914m)											
M30	Gilles Brouilaud	PYF	11:40.97	2010		W30	Linda Reynolds	NZL	08:36.5	1998	
M35	Bruce Meder	NZL	09:48.8	1990		W35	Vicky Adams	NZL	07:48.0	1992	
M40	Euan Robertson	NZL	09:37.3	1990		W40	Suzy Cole	AUS	7:17.92	2012	
M45	Ron Robertson	NZL	09:51.4	1990		W45	Judith Stewart	NZL	07:51.3	1998	
M50	Alan Bradford	AUS	10:44.0	1992		W50	Margaret Orman	NZL	08:12.1	1994	
M55	Ron Robertson	NZL	10:11.6	1998		W55	Loris Reed	NZL	08:34.8	2004	
2000m Steeplechase (0.762m)											
M60	Trevor Ogilvie	NZL	7:13.03	2012		W60	Margaret Saunders	AUS	9:28.99	2014	
M65	Ron Robertson	NZL	7:18.10	2008		W65	Margaret Saunders	AUS	9:29.52	2019	
M70	Peter Sandery	AUS	8:25.78	2012		W70	Gillian Young	AUS	10:03.49	2018	
M75	Dave Eastwood	NZL	09:40.4	2015		W75	Clasina van der Veeken	NZL	13:35.8	2008	
M80	Michael Juckes	AUS	11:20.46	2019		W80	Clasina van der Veeken	NZL	14:57.42	2012	
M85	Colin Silcock-Delany	AUS	16:02.95	2019							
3000m Track Walk											
M30						W30	Justijana Roseman	AUS	15:37.38	2008	
M35	Peter Bennett	AUS	14:28.0	1994		W35	Judith Johnson	AUS	16:02.7	1982	
M40	Dean Nipperess	AUS	13:10.82	2012		W40	Annette Major	AUS	15:32.2	2006	
M45	Mark Donahoo	AUS	13:54.8	2006		W45	Pam Tindal	AUS	15:45.53	2008	
M50	Michael Harte	NZL	13:55.9	2006		W50	Staunton-Jjugovic	AUS	15:41.80	2014	
M55	Mike Parker	NZL	14:00.73	2012		W55	Pam Tindal	AUS	15:28.33	2015	
M60	George White	AUS	15:18.74	2008		W60	Heather Carr	AUS	15:45.20	2012	
M65	George White	AUS	15:44.53	2010		W65	Alison Thompson	AUS	16:49.27	2019	
M70	George White	AUS	16:41.63	2015		W70	Heather Carr	AUS	18:01.06	2019	
M75	Colin Hainsworth	AUS	20:38.4	2006		W75	Gwen Steed	AUS	20:54.66	2019	
M80	Richard Keatinge	AUS	21:00.0	2006		W80	Nan Jeffrey	AUS	24:00.0	1990	
M85	Bill Empey	AUS	24:08.0	1982							
5000m Track Walk											
M30	Rodney Gillum	NZL	27:00.4	1998		W30	Justijana Roseman	AUS	26:32.9	2008	
M35	Kevin Taylor	NZL	23:12.6	1990		W35	Gabrielle Gorst	NZL	23:49.0	2002	
M40	Frank Clark	AUS	22:37.0	1984		W40	Annette Major	AUS	27:00.5	2006	
M45	John Smith	AUS	22:32.0	1984		W45	Pam Tindall	AUS	27:03.1	2008	
M50	Michael Harte	NZL	24:31.9	2006		W50	Staunton-Jugovic	AUS	27:15.97	2014	
M55	Gary Little	NZL	22:14.9	1998		W55	Heather Carr	AUS	26:21.4	2006	
M60	Theo Orr	AUS	25:48.0	1984		W60	Heather Carr	AUS	27:18.93	2010	
M65	George White	AUS	26:47.54	2010		W65	Heather Carr	AUS	28:57.97	2015	
M70	Tom Daintry	AUS	28:22.0	1984		W70	Jean Albury	AUS	31:45.1	2002	
M75	Tom Daintry	AUS	30:33.0	1990		W75	Gwen Steed	AUS	36:26.51	2019	
M80	Tom Daintry	AUS	33:57.0	1992		W80	Christianne Duaphinet	AUS	39:24.83	2012	
M85	Gus Theobald	AUS	33:53.0	1984							
10k Road Walk (Best Performances)											
M30	Rodney Gillum	NZL	55:25	1998		W30	Kylie Bonney	AUS	53:01	2002	

M35	Peter Bennett	AUS	52:14	1994
M40	Dean Nipperess	AUS	47:31	2012
M45	Gary Little	NZL	45:34	1990
M50	Michael Harte	NZL	50:37	2006
M55	Gary Little	NZL	45:39	1998
M60	Jack Tregurtha	NZL	53:53	1998
M65	Andrew Jamieson	AUS	52:55	2014
M70	Ralph Bennett	AUS	59:24	2014
M75	Colin Hainsworth	AUS	67:43	2006
M80	Tom Daintry	AUS	69:01	1992
M85	Colin Silcock-Delany	AUS	1:36:21	2018
M90	Peter Tearle	NZL	1:49:54	2018

Half Marathon (Best Performances)

M30	Frederic Burquier	PYF	1:12.32	2010
M35	Brendan Whelan	AUS	1:15.18	2010
M40	Tony Price	NZL	01:12:44	1998
M45	Georges Richmond	PYF	1:13.05	2010
M50	David Elward	AUS	01:17:32	2002
M55	Russell Jenkins	AUS	1:21:05.4	2018
M60	Colin McLeod	AUS	01:19:28	1998
M65	Colin McLeod	AUS	01:22:25	2002
M70	Colin McLeod	AUS	1:31.58	2008
M75	Irwin Barrett-Lennard	AUS	01:44:11	2006
M80	Bill Page	AUS	2:23:25	2014

Javelin (800g current specifications)

M30	Daniel Brown	AUS	47.60	2008
M35	Ezehiel Rangi	SOL	52.34	2015
M40	Joe Bradley	NZL	54.59	1998
M45	John Kay	AUS	52.26	2008

Javelin (700g from 2000)

M50	Nigel Stainton	NZL	52.44	2012
M55	Bob Banens	AUS	51.44	2006

Javelin (600g current specifications)

M60	Bob Banens	AUS	48.74	2010
M65	Tom Hancock	AUS	40.02	2002

Javelin (500g from 2000)

M70	Guy Quarterman	AUS	36.51	2012
M75	Arnie Delaite	AUS	31.67	2019

Javelin (400g from 2000)

M80	Dave Scratton	NZL	26.51	2000
M85	Ron Johnson	NZL	24.77	2018
M90	Max McKay	AUS	10.22	2014

Hammer (7.26kg)

M30	Brentt Jones	NFI	48.86	2000
M35	Ricard Meiring	AUS	59.00	2014
M40	Frederic Cassier	NCL	50.14	1992
M45	Mark Cumming	NZL	46.97	2012

Hammer (6kg)

M50	Ken Readwin	AUS	48.62	1994
M55	Mark Cumming	NZL	49.52	2018

Hammer (5kg)

M60	Kevin Bradley	NZL	46.74	2008
M65	Laurie Devlin	NZL	45.33	2002

Hammer (4kg)

M70	Laurie Devlin	NZL	44.54	2006
M75	Kevin Bradley	NZL	34.72	2019

Hammer (3kg)

M80	Wim Van Weenen	AUS	36.47	2014
M85	Ron Johnson	NZL	25.07	2018
M90	Max MacKay	NZL	18.36	2014

Discus (2kg)

M30	Alan White	AUS	35.60	2000
M35	Jamie Muscat	AUS	43.84	2014

W35	Gabrielle Gorst	NZL	48:47	2002
W40	Jane Jackson	NZL	55:52	1990
W45	Marlene Robb	AUS	55:55	1994
W50	Staunton-Jugovic	AUS	56:34	2014
W55	Heather Carr	AUS	54:01	2006
W60	Sandy Brunner	AUS	57:27	2006
W65	Alison Thompson	AUS	60:09.05	2019
W70	Jacqueline Wison	NZL	64:57.00	2018
W75	Gwen Steed	AUS	73:46.70	2019
W80	Christiane Dauphinnet	AUS	80:32.00	2012

Half Marathon (Best Performances)

W30	Ronnie Cole	NZL	01:32:09	1998
W35	Yvonne Evans	NZL	01:26:17	2006
W40	Jenny Dowie	AUS	01:29:25	2002
W45	Bernie Portesni	NZL	01:19:38	1998
W50	Brenda Fortune	NZL	01:36:41	2006
W55	Lavinia Petrie	AUS	01:32:33	2002
W60	Judth Stewart	NZL	1:40.07	2010
W65	Lavinia Petrie	AUS	1:40.10	2012
W70	Lavinia Petrie	AUS	1:37:38	2014
W75	Clasina van der Veeken	NZL	2:26.11	2008
W80	Clasina van der Veeken	NZL	2:39.21	2012

Javelin (600g current specifications)

W30	Sallyann Moiler	AUS	36.20	2019
W35	Jayne Hardy	AUS	38.09	2002
W40	Jayne Hardy	AUS	38.65	2006
W45	Jayne Hardy	AUS	37.01	2010

Javelin (500g from 2000)

W50	Suzanne Coats	AUS	29.81	2019
W55	Mary Thomas	AUS	37.90	2000

Javelin (500g from 2014)

W60	Wilma Perkins	AUS	21.72	2014
W65	Carol Davis	AUS	25.12	2019
W70	Mary Thomas	AUS	21.51	2015

Javelin (400g from 2000)

W75	Heather Doherty	AUS	19.78	2008
W80	Heather Doherty	AUS	19.45	2014
W80	Tserendolgar Tumurbat	MGL	19.69	2019
W85	Heather Doherty	AUS	8.68	2019
W90	Ruth Frith	AUS	10.09	2002
W95	Ruth Frith	AUS	7.98	2004

Hammer (4kg)

W30	Raelene Bates	NZL	43.71	1998
W35	Jayne Hardy	AUS	41.87	2002
W40	Jayne Hardy	AUS	43.52	2006
W45	Althea Mackie	AUS	41.80	2015

Hammer (3kg)

W50	Sharon Gibbins	AUS	45.70	2008
W55	Helen Searle	AUS	45.98	1996
W60	Jan Davies	AUS	42.20	2002
W65	Helen Searle	AUS	39.51	2006
W70	Helen Searle	AUS	33.07	2012

Hammer (2kg from 2010)

W75	Jan Banens	AUS	32.02	2018
W80	Helen Searle	AUS	27.03	2019
W85	Heather Doherty	AUS	16.82	2019
W90	Ruth Frith	AUS	11.85	2002
W95	Ruth Frith	AUS	11.16	2006
W100	Ruth Frith	AUS	9.64	2012

Discus (1 kg)

W30	Chris Schultz	AUS	48.12	1984
W35	Chris Schultz	AUS	47.86	1986

M40	Merve Kemp	AUS	43.88	1984	W40	Chris Schultz	AUS	42.52	1994
M45	Todd Davey	AUS	44.56	2015	W45	Chris Schultz	AUS	42.66	1998
Discus (1.5 kg)					W50	Chris Schultz	AUS	38.23	2002
M50	Stuart Gyngell	AUS	49.65	2014	W55	Chris Schultz	AUS	33.54	2006
M55	Ray Green	AUS	41.65	2002	W60	Helen Searle	AUS	29.73	2002
Discus (1 kg)					W65	Helen Searle	AUS	27.53	2006
M60	Ray Green	AUS	50.27	2006	W70	Mary Thomas	AUS	22.03	2015
M65	Tom Hancock	AUS	45.93	2002	Discus (0.75 kg from 2010)				
M70	Keith James	AUS	39.54	2012	W75	Mary Thomas	AUS	22.75	2019
M75	Rudi Hochreiter	AUS	34.60	2002	W80	Heather Doherty	AUS	20.30	2014
M80	Feliks Jekabsons	AUS	26.96	2006	W85	Heather Doherty	AUS	13.84	2019
M85	Ron Johnson	NZL	22.90	2018	W90	Ruth Frith	AUS	10.89	2002
M90	Peter Tearle	NZL	12.91	2018	W95	Ruth Frith	AUS	10.90	2006
Shot Put (7.26kg)					Shot Put (4 kg)				
M30	Saimoni Koroi	FIJ	12.92	1994	W30	Chris Schultz	AUS	14.98	1984
M35	Soane Lakafia	NCL	14.10	1996	W35	Chris Schultz	AUS	14.12	1986
M40	Stuart Gyngell	AUS	16.29	2008	W40	Chris Schultz	AUS	13.25	1994
M45	Laini Inivale	NZL	13.68	2015	W45	Chris Schultz	AUS	13.17	1998
Shot Put (6 kg)					Shot put (3 kg)				
M50	Stuart Gyngell	AUS	17.57	2014	W50	Chris Schultz	AUS	13.19	2002
M55	Richard Harris	NZL	13.41	1990	W55	Mary Thomas	AUS	12.89	2000
Shot put (5 kg)					W60	Helen Searle	AUS	12.31	2000
M60	Richard Harris	NZL	13.51	1994	W65	Helen Searle	AUS	11.58	2004
M65	Charlie Rann	AUS	12.75	1992	W70	Helen Searle	AUS	9.16	2012
Shot Put (4 kg)					Shot put (2 kg from 2010)				
M70	Rudi Hochreiter	AUS	12.72	1998	W75	Mary Thomas	AUS	8.82	2019
M75	Jim Peridis	AUS	11.42	2002	W80	Heather Doherty	AUS	7.44	2014
Shot Put (3 kg)					W80	Tserendolgar Tumurbat	MGL	9.32	2019
M80	Feliks Jekabsons	AUS	10.09	2006	W85	Ruth Frith	AUS	5.42	1996
M85	Ron Johnson	NZL	8.05	2018	W90	Ruth Frith	AUS	5.21	2002
M90	Peter Tearle	NZL	6.26	2018	W95	Ruth Frith	AUS	4.72	2004
Weight Throw (15.88kg - 35lb)					Weight Throw (9.08kg - 20lb)				
M30	Vincent Smith	NZL	13.09	2012	W30	Noella Flores	PYF	10.27	2010
M35	Ricard Meiring	AUS	18.59	2014	W35	Fionnula Connors	AUS	10.81	2018
M40	Stuart Gyngell	AUS	13.78	2008	W40	Chris McCahill	NZL	15.03	2008
M45	Mark Cumming	NZL	14.60	2012	W45	Althea Mackie	AUS	12.84	2015
Weight Throw (11.34kg - 25lb)					Weight Throw (7.26kg - 16lb)				
M50	Stuart Gyngell	AUS	18.05	2014	W50	Jayne Hardy	AUS	13.64	2015
M55	Mark Cumming	NZL	18.51	2018	W55	Jane Hardy	AUS	12.73	2019
Weight Throw (9.08kg - 20lb)					Weight Throw (5.54kg - 12lb)				
M60	Ray Green	AUS	17.45	2006	W60	Dorn Jenkins	AUS	17.36	2015
	Kevin Bradley	NZL	17.45	2006	W65	Helen Searle	AUS	16.44	2004
M65	Laurie Devlin	NZL	17.43	2004	W70	Jan Banens	AUS	12.41	2012
Weight Throw (7.26kg - 16lb)					Weight Throw (4kg from 2010)				
M70	Laurie Devlin	NZL	18.06	2006	W75	Glen Watts	NZL	11.71	2015
M75	Ken Priestley	AUS	14.59	2014	W80	Heather Doherty	AUS	9.63	2014
Weight Throw (5.54kg - 12lb)					W85	Heather Doherty	AUS	6.82	2019
M80	Norm Windred	AUS	12.19	2008	W95	Ruth Frith	AUS	5.16	2006
M85	Dave Scratton	NZL	10.99	2004	High Jump				
High Jump					W30	Angela McKee	NZL	1.89	2006
M30	Brad Osborn	AUS	1.78	2008	W35	Veronique Boyer	PYF	1.65	2008
M35	John Turner	NZL	1.74	2006	W40	Lynette Smith	AUS	1.53	2014
M40	Evan McLean	AUS	1.82	2019	W45	Lenore Lambert	AUS	1.58	2019
M45	Matthew Muell	AUS	1.78	2010	W50	Marie Kay	AUS	1.45	2012
M50	Hoyoung Do	NZL	1.65	2012	W55	Alex Lloyd	AUS	1.33	2014
	Brian Curry	NZL	1.65	2012	W60	Margaret Taylor	AUS	1.26	2008
M55	Brian Curry	NZL	1.66	2018	W65	Wilma Perkins	AUS	1.18	2015
M60	John Hunt	AUS	1.50	2002	W70	Margaret Taylor	AUS	1.15	2019
M65	Gordon Gourlay	AUS	1.45	1994	W75	Gwen Davidson	AUS	1.08	2000
M70	David Anstiss	NZL	1.36	2018					
M75	Rudi Hochreiter	AUS	1.23	2002					
M80	Jim Blair	NZL	1.13	2012					
M85	Jim Blair	NZL	1.05	2019					
M90	Alistair McKay	NZL	0.80	2018					

Long Jump

M30	Jay Stone	AUS	6.36	2012	0.0
M35	Albert Miller	FIJ	6.21	1994	
M40	Bob Lehman	AUS	6.29	2014	0.5
M45	Rodney Stone	AUS	5.76	1984	
M50	Terry Hicks	AUS	5.45	2004	
M55	Clay Tompkins	AUS	5.61	2008	
M60	Graeme Noden	AUS	5.10	2000	
M65	Graeme Noden	AUS	4.58	2006	
M70	Graeme Noden	AUS	4.59	2008	
M75	Graeme Noden	AUS	4.07	2014	1.6
M80	Max McKay	AUS	3.13	2004	
M85	Maurice Dauphinat	AUS	2.95	2012	-3.2
M90	Alistair McKay	NZL	2.08	2018	0.4

Triple Jump

M30	George Jankowski	AUS	11.31	1994	
M35	Russell Sarah	AUS	13.70	1982	
M40	Kevin Todd	NZL	12.31	1990	
M45	Stephen McKee	NZL	12.05	2006	
M50	Stephen Burden	NZL	11.25	2012	1.3
M55	Clay Tompkins	AUS	12.22	2008	
M60	Stephen Burden	NZL	10.76	2019	-0.4
M65	Geoff Shaw	AUS	9.45	2015	0.6
M70	Ian Sim	NZL	9.07	2018	1.4
M75	Rudi Hochreiter	AUS	8.34	2002	
M80	Leo Coffey	AUS	7.30	2012	1.4
M85	Ron Johnson	NZL	5.34	2018	1.9

Pole Vault

M30	Jamie Marett	NZL	3.80	1998	
M35	Rob Hill	AUS	4.40	2008	
M40	Brian Senior	NZL	3.85	1982	
M45	Stephen McKee	NZL	3.65	2006	
M50	Jim McGrath	AUS	3.10	1982	
	Tim McGrath	AUS	3.1	2014	
M55	Mark Lett	NZL	3.05	2018	
M60	Bob Barclay	AUS	3.00	2002	
M65	Geoff Shaw	AUS	2.70	2014	
M70	Jim Poulter	AUS	2.50	2014	
M75	Donald Chambers	AUS	1.85	2014	
M80	Wallace Opperman	NZL	1.45	2006	
M85	Wallace Opperman	NZL	1.00	2012	

Updated for 2010 WMA factors

Pentathlon (LJ, Jav, 200m, DT, 1500m)

M30	Brad Osborne	AUS	2461	2008	
	(5.59; 38.89; 25.02; 33.71; 5:31.22)				
M35	Albert Miller	FIJ	3099	1994	
	(6.21, 52.88, 24.0, 37.98, 5:28.8)				
M40	Lloyd Mitchelson	AUS	3296	1984	
	(5.40, 48.02, 24.8, 31.86, 4:31.0)				
M45	John Cooper	AUS	3358	1990	
M50	Terry Hicks	AUS	3538	2004	
M55	Luke De Biasi	AUS	3522	2019	
	(5.98, 33.58, 25.71, 28.56, 5:46.11)				
M60	Peter Gatti	AUS	3419	1996	
M65	Fred O'Connor	AUS	3984	1990	
M70	Ken Daniels	AUS	3084	2008	
	(3.95; 31.99; 31.38; 25.19; 7:09.23)				
M75	Hector Mein	NZL	2825	2006	
	(3.42, 23.17, 36.80, 19.82, 6:40.89)				
M80	Hector Mein	NZL	1931	2012	
	(2.89, 18.34, 46.94, 16.54, 9:18.13)				
M85	Rad Leovic	AUS	2439	2014	
	(2.31, 14.86, 45.49, 14.50, 8:29.14)				

Long Jump

W30	Helena Dinnissen	AUS	5.78	2019	1.7
W35	Eileen Hindle	AUS	5.55	1984	0.3
W40	Gianna Mogentale	AUS	5.21	2004	
W45	Marie Kay	AUS	5.31	2006	0.0
W50	Marie Kay	AUS	5.23	2012	
W55	Wilma Perkins	AUS	4.29	2004	
W60	Margaret Taylor	AUS	4.38	2008	0.7
W65	Carol Davis	AUS	4.05	2019	0.0
W70	Margaret Taylor	AUS	3.65	2019	-0.1
W75	Ruth Johnson	AUS	2.78	2019	-0.1
W80	Miriam Cudmore	AUS	2.93	2019	0.1

Triple Jump

W30	Helena Dinnissen	AUS	11.85	2019	0.0
W35	Veronique Boyer	PYF	11.36	2008	
W40	Julie Brims	AUS	10.59	2006	
W45	Marie Kay	AUS	10.68	2006	
W50	Helen Searle	AUS	9.54	1990	
W55	Anne Hunter	NZL	8.87	2006	
W60	Margaret Taylor	AUS	9.22	2008	1.9
W65	Carol Davis	AUS	7.90	2019	-1.3
W70	Margaret Taylor	AUS	7.77	2019	0.0
W75	Frances Bayler	NZL	6.24	2015	
W80	Miriam Cudmore	AUS	6.64	2019	-3.9

Pole Vault

W30					
W35	Ros Montse	AUS	2.50	2014	
W40	Joanne Anderson	NZL	2.40	1994	
W45	Joanne Anderson	NZL	2.20	1998	
	Wilma Perkins	AUS	2.20	1998	
W50	Delwyn Smith	NZL	2.40	2019	
W55	Wilma Perkins	AUS	2.20	2006	
W60	Wilma Perkins	AUS	2.30	2010	

Updated for 2010 WMA factors

Pentathlon (100m, SP, LJ, Jav, 800m)

W30	Wilma Perkins	AUS	2864	1984	
	(12.70, 9.42, 5.25, 28.71, 2:49.4)				
W35	Eileen Hindle	AUS	3031	1984	
	(12.51, 6.98, 5.42, 22.14, 2:30.8)				
W40	Lee-An Grosvenor	AUS	3153	2014	
	(13.58, 8.84, 4.51, 27.57, 2:29.06)				
W45	Chris Battersby	AUS	3564	1990	
W50	Gianna Mogentale	AUS	3479	2014	
	(13.29, 7.28, 4.58, 16.61, 2:33.56)				
W55	Vicki Townsend	AUS	3202	2019	
	(14.80, 9.57, 3.91, 19.87, 3:30.64)				
W60-74 Jav 500g from 2014)					
W60	Clare Giles	NZL	2867	2018	
	(16.01;7.47;3.31;16.09;3:20.82)				
W65	Carol Davis	AUS	3808	2019	
	(16.11, 7.03, 3.80, 22.63, 3:12.21)				
W70	Judy Hammond (400g Jav)	NZL	3028	2008	
	(17.32; 6.20; 3.06; 13.37; 3:57.88)				
W75	Ruth Johnson	AUS	2878	2019	
	(19.24, 5.41, 2.78, 10.96, 4:13.32)				
W80	Judy Hammond	NZL	3036	2018	

M90 Frank Cox NZL 560 2002
(1.43, 6.31, 66.09, 7.19, DNF)

Updated for 2010 WMA factors

Throws Pentathlon (Ham, SP, DT, Jav, Wt)

M30 Stuart Chirnside NZL 2723 1998
M35 Ricard Meiring AUS 3117 2014
(54.66, 10.87, 29.78, 33.64, 18.34)
M40 Frederic Cassier NCL 3769 1992
M45 Todd Davey AUS 3729 2015
(39.25, 13.67, 40.64, 40.61, 13.73)
M50 Stuart Gyngell AUS 4192 2015
(47.83, 17.05, 50.09, 36.29, 17.10)
M55 Ray Green AUS 3617 2002
(41.96, 11.59, 41.16, 35.12, 13.73)
M60 Graeme Rose AUS 3896 2008
(45.46; 12.58; 38.17; 39.48; 16.78)
M65 Tom Hancock AUS 4076 2002
(37.08, 11.69, 43.96, 39.26, 14.95)
M70 Sam Johnson NZL 4356 1992
M75 Dave Scratton NZL 3682 1998
M80 Feliks Jakabsons AUS 3539 2006
(28.97, 9.98, 26.96, 19.30, 12.43)
M85 Dave Scratton NZL 4074 2004

Updated for 2010 WMA factors

Decathlon (100m, LJ, SP, HJ, 400m / Hurd, DT, PV, Jav, 1500m)

M30 Peter Hollenbeck AUS 5308 2019
(12.01, 5.93, 11.58, 1.68, 62.23, 17.77, 35.43, 4.40, 49.28, 6:12.52)
M35 Geoff Gibbons AUS 6122 2012
(11.97, 5.71, 10.08, 1.64, 51.24, 16.48, 29.47, 3.70, 47.34, 4:35.55)
M40 Peter Ranginui NZL 4854 2012
(13.11, 5.02, 8.29, 1.79, 62.32, 18.82, 30.92, 2.60, 37.88, 5:48.72)
M45 Wayne Doyle NZL 5905 2012
(12.99, 5.19, 11.19, 1.55, 59.47, 19.56, 32.20, 3.00, 45.01, 5:34.73)
M50 Andrew Brooker AUS 5954 2019
(13.58, 5.33, 9.18, 1.55, 61.79, 17.84, 31.41, 2.80, 40.12, 5:19.30)
M55 Andrew Millerd AUS 6193 2019
(12.99, 5.14, 8.36, 1.52, 60.78, 19.00, 29.85, 2.80, 27.80, 5:39.34)
M60 Mark McLean AUS 5984 2019
(13.49, 4.46, 8.95, 1.40, 65.58, 17.56,, 24.48, 2.20, 30.95, 5:54.67)
M65 Warren Green NZL 4691 2018
(14.60;3.15;7.66;1.20;74.32;24.58;24.48;2.10;28.83;6:41.71)
M70 Ken Daniels AUS 5995 2008
(15.00; 4.14; 8.31; 1.21; 73.03; 17.88; 26.71; 2.00; 31.98; 7:00.11)
M75 Donald Chambers AUS 4608 2014
(16.10, 3.67, 8.54, 1.10, 92.31, 18.44, 16.73, 1.85, 19.15, DNF)
M80 Rad Leovic AUS 3082 2012
(20.60,2.60, 6.84, 0.92,1:42.27, 29.47, 13.93, 0.80, 14.22, 9:07.91)
M85 Ron Johnson NZL 5513 2018
(19.92;2.55;8.32;0.99;1:42.99;DNF;20.11;1.50;25.21;9:07.39)

(20.49;5.59;2.58;10.49;5:20.88)

Throws Pentathlon (Ham, SP, DT, Jav, Wt)

W30 Raylene Bates NZL 3339 1998
W35 Chris Schultz AUS 4056 1990
W40 Jayne Hardy AUS 3877 2006
(41.99, 10.40, 37.29, 38.65, 13.87)
W45 Chris Schultz AUS 4355 1998
W50 Chris Schultz AUS 4116 2002
(35.64, 12.97, 39.49, 25.87, 13.83)
W55 Helen Searle AUS 4596 1996
W60-74 Jav 500g from 2014)
W60 Dorn Jenkins NZL 4443 2015
(43.51, 8.85, 28.72, 21.85, 15.57)
W65 June Lowe AUS 4361 2019
(36.24, 9.84, 20.78, 23.40, 12.49)
W70 Mary Thomas AUS 4377 2015
(27.95, 8.01, 23.32, 21.03, 11.94)
New weight specifications from 2010
W75 Mary Thomas AUS 4312 2019
(28.35, 8.94, 22.70, 19.27, 10.43)
W80 Judy Hammond NZL 3036 2018
(20.49, 5.59, 2.58, 10.49, 5:20.88)
W80 Tserendolgar Tumurbat MGL 4579 2019
(24.84, 9.11, 18.97, 20.09, 8.53)
W85 Ruth Frith AUS 3561* 1996
W90 Ruth Frith AUS 3461 2002
(12.49, 4.97, 10.31, 10.51, 5.71)
W95 Ruth Frith AUS 3779 2006
(11.08, 4.35, 9.78, 6.43, 5.16)

Heptathlon (Hurd, HJ, SP, 200m, LJ, Jav, 800m)

W30 Jessica Dux AUS 3044 2018
(18.43;1.33;7.75;27.80;4.61;19.19;2:56.11)
W35 Lynette Smith AUS 4192 2008
(18.43; 1.58; 10.03; 29.85; 4.42; 33.91; 2:26.41)
W40 Lee-Ann Grosvenor AUS 4068 2014
(15.69, 1.27, 9.05, 27.92, 4.54, 27.41, 2:33.4)
W45 Carolyn Wills NZL 4019 2018
(15.44;1.42;8.95;30.65;3.93;24.67;3:09.69)
W50 Marie Kay AUS 5831 2010
(13.13; 1.48; 11.19; 28.22; 4.69; 30.33; 2:52.47)
W55 Vicki Townsend AUS 4770 2019
(14.60, 1.28, 10.29, 31.20, 3.91, 21.42, 3:44.75)
W60-74 Jav 500g from 2014)
W60 Carol Bowman AUS 2525 2018
(22.07;1.06;4.55;37.34;2.46;9.62;3:28.69)
W65 Gail Kirkman NZL 5598 2018
(15.71;1.24;7.45;31.59;3.37;11.35;2:51.08)
W70 Marj Allison AUS 5022 2015
(17.92, 1.02, 5.99, 35.18, 2.75, 16.44, 3:25.94)
W75 Judy Hammond NZL 3442 2015
(DNF, 0.99, 6.10, 42.07, 2.60, 11.65, 4:52.56)

AUS Australia
NZL New Zealand
PYF French Polynesia
NCL New Caledonia
FIJ Fiji
TON Tonga
NFI Norfolk Island

SOL

MGL

Soloman Islands

Mongolia

ARCHIVED RECORDS

Javelin 400g

W60 Mary Thomas AUS 33.83 2004

W70 Wini Pepene NZL 23.76 2002

Pentathlon (100m, SP, LJ, Jav 400g, 800m)

W60 Beryl Vine NZL 3225 1990

W65 Wini Pepene NZL 2989 1996

Throws Pentathlon (Ham, SP, DT, Jav 400g, Wt)

W60 Helen Searle AUS 4521 2002

(39.48, 11.49, 26.29, 25.20, 15.04)

W65 Helen Searle AUS 5399 2004

Heptathlon (Hurd, HJ, SP, 200m, LJ, Jav, 800m)

W60 Marj Allison (400g Jav) AUS 5076 2008

(15.10; 1.24; 6.93; 31.90; 3.66; 18.48; 2:53.86)